

COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES

MIDTERM February 21-22, 2026 EXAM REVIEW June 13-14, 2026

FINAL EXAM September 20, 2026

ROLLING LIVE ONLINE SESSIONS

EVERY IST SAT Cas	se Study	EVERY 3RD SUN	Case Study
EVERY 2ND SAT MOV	vement Workshop	EVERY 4TH SUN	Movement Workshop

Students must attend a minimum of 6 Case Study Sessions and 6 Movement Workshops over the entirety of the course

COURSE DATES

SAT 12-8 PM, SUN 11 AM-3 PM

11 AM-12 PM

An asterisk (*) indicates midterm included on this date.

PRINCIPLES O MOVEMENT	F August 23–24, 2025	MODULE 4	February 21-22, 2026*
MODULE 1	September 27-28, 2025	MODULE 5	March 28-29, 2026
MODULE 2	November 8-9, 2025	MODULE 6	May 9-10, 2026
MODULE 3	January 10-11, 2026	MODULE 7	June 13-14, 2026



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